

Peanut Butter Toast and Fruit

This recipe is for a quick and easy vegan breakfast of toasted bread withd delicious fruit.



Figure 1: Tasty Toast

You will need the following ingredients:

- 1 slice of whole grain bread (gluten-free if needed)
- ½ tablespoons of peanut butter
- fruit toppings of choice: banana slices, strawberries, sliced apples, etc.

This recipe is adapted from Eating Bird Food's [Peanut Butter Breakfast Toast](#) article.

1. Toast the whole grain bread
2. Spread on the peanut butter in even strokes
3. 📖 **Note:** For non-vegans, consider drizzling honey over the peanut butter toast for a burst of flavor

Sprinkle on your choice of fruit toppings